

## CLAIMS

1. An agent for improving physiological motor functions which is characterized in containing proanthocyanidin as an effective ingredient.

2. The agent for improving physiological motor functions according to claim 1, wherein fatigue is prevented and improved.

3. The agent for improving physiological motor functions according claim 1, wherein muscular fatigue is prevented and improved.

4. A health food for prevention and improvement of fatigue which is characterized in containing proanthocyanidin as an effective ingredient.

5. The health food for prevention and improvement of fatigue according to claim 4, wherein the health food is a solid food, a gel-formed food or a beverage.

6. The health food for prevention and improvement of fatigue according to claim 5, wherein the beverage is a refreshing beverage or a tea beverage.

7. The agent for improving physiological motor functions according to claim 1, wherein the agent is used in the form of tablet, pill, capsule, granule, powder, diluted powder or liquid.

8. The health food for prevention and improvement of fatigue according to claim 4, wherein the health food is used in the form of tablet, pill, capsule, granule, powder, diluted powder or liquid.

9. The agent for improving physiological motor functions according to claim 1, wherein proanthocyanidin is an extract

derived from pine bark.

10. The agent for improving physiological motor functions according to claim 1, wherein proanthocyanidin is an oligomeric proanthocyanidin.

11. The health food for prevention and improvement of fatigue according to claim 4, wherein proanthocyanidin is an extract derived from pine bark.

12. The health food for prevention and improvement of fatigue according to claim 4, wherein proanthocyanidin is an oligomeric proanthocyanidin.

13. A method for improving physiological motor functions, characterized in that proanthocyanidin is administered to human being.

14. The method for improving physiological motor functions according to claim 13, wherein fatigue is prevented and improved.

15. The method for improving physiological motor functions according to claim 13, wherein muscular fatigue is prevented and improved.

16. A method for preventing and improving fatigue, characterized in that a health food containing proanthocyanidin as an effective ingredient is administered to human being.

17. The method for preventing and improving fatigue according to claim 16, wherein the health food is a solid food, a gel-formed food or a beverage.

18. The method for preventing and improving fatigue according to claim 17, wherein the beverage is a refreshing beverage or a tea beverage.

19. The method for improving physiological motor

functions according claim 13, wherein there is used a form of tablet, pill, capsule, granule, powder, diluted powder or liquid.

20. The method for preventing and improving fatigue according to claim 16, wherein there is used a form of tablet, pill, capsule, granule, powder, diluted powder or liquid.

21. The method for improving physiological motor functions according to claim 13, wherein proanthocyanidin is an extract derived from pine bark.

22. The method for improving physiological motor functions according to claim 13, wherein proanthocyanidin is an oligomeric proanthocyanidin.

23. The method for preventing and improving fatigue according to claim 16, wherein proanthocyanidin is an extract derived from pine bark.

24. The method for preventing and improving fatigue according to claim 16, wherein proanthocyanidin is an oligomeric proanthocyanidin.

25. A use of proanthocyanidin for the manufacture of a medicine which improves physiological motor functions.

26. The use according to claim 25, wherein fatigue is prevented and improved.

27. The use according to claim 25, wherein muscular fatigue is prevented and improved.

28. A use of proanthocyanidin for the manufacture of a health food for prevention and improvement of fatigue.

29. The use according to claim 28, wherein the health food is a solid food, a gel-formed food or a beverage.

30. The use according to claim 29, wherein the beverage

is a refreshing beverage or a tea beverage.

31. The use according to claim 25, wherein there is used a form of tablet, pill, capsule, granule, powder, diluted powder or liquid.

32. The use according to claim 28, wherein there is used a form of tablet, pill, capsule, granule, powder, diluted powder or liquid.

33. The use according to claim 25, wherein proanthocyanidin is an extract derived from pine bark.

34. The use according to claim 25, wherein proanthocyanidin is an oligomeric proanthocyanidin.

35. The use according claim 28, wherein proanthocyanidin is an extract derived from pine bark.

36. The use according to claim 28, wherein proanthocyanidin is an oligomeric proanthocyanidin.